



## Dating don'ts

Upcoming bachelor on dating show lays out four reasons he never called you again **PAGE 9**

## NTKs OF SAVING

THE 411 ON RRSPs, TFSAs, SO YOU CAN DIY ASAP **PAGES 12-15**



OTTAWA

# metro®

Tuesday, February 19, 2013



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## ADIEU WINTERLUDE

Families skate along the Rideau Canal Skateway on Family Day on Monday, marking the final day of Winterlude. For more coverage of the wrap-up of this year's celebrations, see page 3. **JOE LOFARO/METRO**

## Kidnapping charges laid on 2 teens

### Maniwaki area.

Police search for third suspect in the kidnapping of two seniors in Quebec

Two Ottawa teens accused of tying up and kidnapping two seniors in Quebec on Friday made a brief appearance in a Gatineau courthouse Monday to face 14 charges, including forcible confinement and robbery.

A tall 17-year-old boy with a slim build stood before a judge with his hands crossed behind his back.

The second suspect was a 16-year-old boy with long, shaggy hair.

Neither youth said anything in court.

The pair were remanded into custody at the request of the Crown. They will appear in court Thursday for a bail hearing and will have the opportunity to enter a plea.

Sûreté du Québec, the provincial police, say two

people stormed into a cottage in Bouchette, near Maniwaki, Que., and robbed a 70-year-old woman and a 65-year-old man.

The thieves stole money, a laptop and alcohol, said Sgt. Marc Tessier.

"Afterwards they forced the two people, the woman and the man, to get in the vehicle of one of the victims and to drive themselves to L'Isle-aux-Allumettes," said Tessier. "We're talking about at least 100 kilometres of driving."

That's where police say the suspects tied up the victims in a barn before fleeing the scene.

The man and woman were able to free themselves several hours later. A motorist spotted them wandering on the road Saturday morning and called police.

Later that morning, police located the victims' car in Pembroke and waited for the first suspect to return to it to make an arrest.

The 17-year-old suspect turned himself in Sunday morning, police said.

They are also looking for a third suspect. **JOE LOFARO/METRO**

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NCC

## Final Greenbelt consultations set for this week

The National Capital Commission will hold its final round of consultations on the Greenbelt Master Plan Tuesday and Wednesday.

The evening sessions will be the last time the public will have a chance to comment on the Greenbelt plan, available on the NCC's website. **METRO**

Damage

## Bank Street fire displaces tenants

Some tenants were forced to find temporary shelter after a late-night fire at a Bank Street apartment building.

Firefighters were called to the building at 1365 Bank St. late Sunday night after multiple tenants reported smoke on the 18th floor.

The fire was contained to a single unit with no occupants inside. Other units suffered minor water damage. **METRO**

Five people injured

## Suspects sought after road-rage incident

Ottawa police are looking for information on a late-night road-rage incident that injured five people.

According to police, the incident occurred Saturday night at 11:30 near Sheppard Road and the Canotek Industrial Park. Multiple vehicles were involved, and five people suffered non-life-threatening injuries as a result of the "altercation."

Contacted on Monday, police could not say if they have a suspect, if charges are pending, or provide any further information. **METRO**

Singer

## Taylor Swift sued over Capital Hoedown: Reports

Pop star Taylor Swift could be facing legal trouble in relation to last year's failed Capital Hoedown.

Swift is being sued by the ticketing company that had to refund \$1.8 million after organizers pulled the plug on the country-music festival last summer, according to a report from TMZ. Swift was reportedly paid \$2.5 million upfront for her set. **METRO**

# Law. Gun-crime mandatory minimums under review

A small group of people might be harmed by mandatory minimum sentences for gun crimes, but Parliament is entitled to deference in how it tries to enhance public safety, the federal government argues.

The point is one of many Ottawa is making in support of the thorny issue of mandatory minimums, as Ontario's highest court gets set to hear a number of landmark cases.

A special five-judge panel of the Court of Appeal for Ontario will consider the constitutionality of minimum sen-

tences for several gun-crime laws in six cases that are set to be heard together from Tuesday to Friday.

The mandatory minimums were struck down in one case and upheld in the rest — though narrowly in one — and hearing all of them at the same time gives the court the opportunity to send a uniform message in a currently fragmented landscape.

Ontario's attorney general has carriage of the prosecution of these cases, but the federal government is adding its voice to the fight as an intervener.

The Canadian Civil Liberties Association, the African Canadian Legal Clinic and the John Howard Society are also intervening.

The Department of Justice arguments, as laid out in court documents, focus on the three-year mandatory minimum sentence for unlicensed possession of a loaded restricted or prohibited gun — weapons such as handguns, machine-guns and sawed-off shotguns.

The penalty, enacted in 2008 as part of a Conservative omnibus crime bill, raised the

minimum sentence from one year.

An Ontario Superior Court judge struck down the law last year as unconstitutional, ruling that it constituted cruel and unusual punishment for Leroy Smickle, who was caught alone in his boxers in his cousin's apartment posing with a loaded handgun while taking pictures of himself to post on Facebook.

Critics in the legal community say mandatory minimums don't reduce crime and do more harm than good.

THE CANADIAN PRESS

# Winterlude wraps up

## 'A resounding success.' Rideau Canal Skateway open for 3 weekends in a row for 35th year of winter festival



JOE LOFARO  
joe.lofaro@metronews.ca

With the full length of the Rideau Canal Skateway open for three straight weekends, organizers of the 35th edition of Winterlude are calling this year a "resounding success."

Guy Laflamme, senior vice-president of capital experience and official residences at the National Capital Commission, cited a number of reasons why this year was a hit for the annual winter celebration, including the cold weather and private sponsorships.

"We did get a record-level of support from private sector organizations, municipalities, not-for-profit organizations, bringing the total number of partners to over 75 compared to 35 in the past," said Laflamme Monday at Confederation Park.

The NCC wasn't able to quantify the success it had this year with any concrete numbers for attendance. Laflamme

said this year was not a survey year for the NCC, but added Winterlude typically attracts approximately 600,000 visitors per year.

Laflamme said 30 per cent of them are usually from outside of the region.

The deep freeze that gripped Ottawa at the beginning of February "challenged" the NCC to keep the skateway open, he said, but crews were able to handle the extreme weather throughout the 18-day festival.

This year's weather wasn't nearly as challenging as last year's, which forced the NCC to close all or part of the canal in the span of three weekends. The canal was even closed on the final day of last year's celebration.

With the final day this year falling on Family Day the canal was buzzing with families on skates late Monday morning, partly due to co-operative temperatures.

Laflamme said this year also demonstrated that Winterlude is a good platform to host important anniversaries in the National Capital Region, such as the Korean War Armistice, the first Arctic expedition and Samuel de Champlain's passage.

Next year's Winterlude will take place from Jan. 31 to Feb. 17, 2014.



From left, David Walker, Julien Walker, 6, Alexia Walker, 8, and Manon Clavette walk under a 115-foot tunnel comprised of more than 1,300 lanterns marking the 50th anniversary of diplomatic relations with South Korea. JOE LOFARO/METRO

# Fire. Police investigating possible arson at University of Ottawa

The large bookcase set ablaze in a University of Ottawa stairwell may have been the work of arsonists, according to the school.

Firefighters responded to the university's arts building located at 70 Laurier Ave. East just after 1 a.m. on Monday, after receiving reports of a fire in a stairwell. When they arrived on scene, they found a large bookcase on fire.

"Preliminary assessment indicates it could be

arson," said Karine Proulx, a spokeswoman for the university. "The matter is under investigation and we are assisting police authorities."

When asked who had access to the area at the time, Proulx said it was a common area. She declined further comment.

"Because the matter is under investigation, it would be inappropriate to comment any further," she said in an email. **METRO**

# College. Job experts to take student queries on Reddit

Stories of students who have just graduated from college or university with a degree, and some even a year or more out, working the cash at a coffee shop are common.

"The linear path from school to career, home ownership, and family has disappeared," said Ian Bird, president and CEO of Community Foundations of Canada in October when his organization released Vital Signs, a study examining the wall students face when they exit university.

With reading week upon us, Metro News plans to help kick

off the job search right by gathering together a pool of career experts to answer students' questions online in a Reddit.com Ask Me Anything forum starting Thursday, Feb. 21.

Beginning at 10 a.m., students can put their questions about how to write a killer resumé, what careers are hot, which ones will open up in the future, and which skills and qualities employers are looking for to Stefan Danis, CEO and Chief Talent Officer for Mandrake, a top talent recruiter.

GRAHAM LANKTREE/METRO

# At least 3,000 children died in residential school system

## Hard facts emerge.

Disease the lead killer, ahead of malnutrition, fire, drowning, suicide

At least 3,000 children are now known to have died while attending Canada's Indian residential schools, according to new unpublished research.

While deaths have long been documented in the residential school system, the findings are the result of the first systematic search of government, school and other records.

"These are actual confirmed numbers," Alex Maass, research manager with the Missing Children Project, told The Canadian Press from Vancouver. The number could rise as more documents come to light.

The largest killer, by far, was disease. For decades starting in about 1910, tuberculosis was a consistent killer. The Spanish flu epidemic in 1918-19 also took a devastating toll. In one grim three-month period, the

## The system

In all, about 150,000 First Nations children went through the church-run residential school system, which ran from the 1870s until the 1990s.

- **Curriculum.** In many cases, native kids were forced to attend under a federal policy of "civilizing" Aboriginal Peoples.

disease killed 20 children at a residential school in Spanish, Ont., the records show.

While statistical analysis has yet to be done, the records show children also died of malnutrition or accidents. Schools consistently burned down, killing students and staff. Drownings and exposure were other causes.

Many kids were physically, mentally and sexually abused. Some committed suicide.

Some died fleeing their schools, including four boys —



A tin grave marker of a student from St. Joseph's Indian school in Chapleau, Ont. ALEX MAASS, HANDOUT/THE CANADIAN PRESS FILE

two aged 8 and two aged 9 — in January 1937. A Canadian Press report from Vanderhoof, B.C., describes how the four bodies were found huddled together in slush ice on Fraser Lake.

The records reveal the numbers only fell off dramatically after the 1950s, although some

occurred into the 1970s.

In fact, Maass said, student deaths were so much part of the system, architectural plans for many schools included cemeteries laid out in advance.

Maass said researchers had identified 50 burial sites as part of the project.

About 500 of the victims remain nameless. Documentation was contained in Department of Indian Affairs year-end reports, which abruptly stopped in 1917.

"It was obviously a policy not to report them," Maass said.

THE CANADIAN PRESS

## Recruitment fund

### Cops feel squeeze as program ends

The end of a federal program aimed at putting more cops on the street is threatening anti-gang squads and aboriginal police and could stretch existing resources across the country, law enforcement officials say.

The \$400-million Police Officer Recruitment Fund was set up in 2008 with the goal of adding 2,500 officers.

Chief Stephen Tanner, president of the Ontario Association of Chiefs of Police, predicted difficult times ahead as the funding ends.

He pointed particularly to shortfalls in aboriginal policing. Eleven officers will likely be cut from the 150-strong Nishnawbe-Aski Police Service, which polices impoverished small towns in Ontario's north.

"They may have to withdraw their services from one or two small communities," Tanner said.

That would place further strain on the OPP at a time when it's looking at cutting 125 officers, he said. He added that the force is already under the number required.

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# Round-the-world journey ends fatally in Thailand

## Cyclist bloggers.

Couple planned to make their way to New Zealand after riding Southeast Asia

A British couple's round-the-world cycling odyssey ended in tragedy when both of them were killed in a road accident in Thailand.

Peter Root and Mary Thompson, who had been chronicling their journey in a blog, died Wednesday when they were hit by a pickup truck in a province east of Bangkok, Thai police said Monday.

The couple, both 34 and from Guernsey in the Channel Islands, left Britain in July 2011 and had cycled through Europe, the Middle East, Central Asia and China.

The trip was a once-in-a-lifetime experience for the couple, who met in art school and spent six years saving money and planning their journey, Peter's father Jerry Root told The Associated Press in an interview.

"They were both inspirational," Jerry Root said. "They



British couple Peter Root and Mary Thompson, both 34, were killed in Thailand last week in a road accident during their round-the-world cycling odyssey.

JERRY ROOT/THE ASSOCIATED PRESS

didn't just talk about it, they did it. I couldn't be prouder of them."

He said they were both experienced cyclists who knew the rigours and risks of extended bicycle travel.

"What helps me is to think of how happy they were with each other. They were leading the life they wanted to," he said.

The couple had been posting photos and details of their trip on the website Two on Four Wheels. They also had

many followers on Twitter and Facebook who were tracing their journey, which included a trip through remote parts of Central Asia.

A video they posted from that part of the journey shows them camping in the desert, riding through hills, stopping to swim in rivers and lakes, and braving heavy snowstorms. They also cycle through tense situations as armed conflict breaks out during their journey through Tajikistan.

THE ASSOCIATED PRESS

Dr. Alan Bates.  
Psychiatry Resident  
and President  
of the Vancouver  
Street Soccer  
League



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# Game Changer

When psychiatry resident Dr. Alan Bates began volunteering with the Vancouver Street Soccer League, he had no idea how big an impact the game would have on the city's homeless population. Getting together to practice and play games – sometimes in international tournaments – has been incredibly beneficial for the lives and health of the players in the nine-team league. "The returns have been striking: Reduced alcoholism and hospitalizations, players finding homes and jobs. It's amazing what a difference these games make." **DOCSFORPATIENTS.CA**

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# Focus groups pan Ottawa's pro-energy ads

**Taxpayer-funded PR.** Federal campaign to cast resource industries in a positive light needed tweaking, report shows

Focus-group testing on what the Harper government calls its Responsible Resource Development campaign found the advertising to be light on facts but uplifting and patriotic, according to a government-commissioned study.

The fruits of that taxpayer-funded labour will be on display again this spring as a second wave of ads — designed to persuade Canadians of “the importance and impact of Canada’s energy sector” — hits the air.

Natural Resources Canada has budgeted \$9 million in the current 2012-13 fiscal year for ads that show a cross-section of resource industries in a job-friendly and environmentally sensitive light. It’s a carefully calibrated exercise. Conserva-



This web page, found on actionplan.gc.ca, outlines what the Harper government calls its Responsible Resource Development campaign.

tives have been courting controversy for more than a year with a high-octane battle over pipeline development and changes to environmental laws designed to speed up major resource projects, including oil-sands extraction.

Last summer, NRCan hired Leger Marketing to fine-tune the government’s proposed advertising campaign. The Leger report, posted last week by Library and Archives Canada, details how original concepts for the ad campaign failed to impress a dozen focus groups.

THE CANADIAN PRESS



## Telling whoppers on Twitter

Just call it a virtual Big Mac attack. On Monday, Burger King asked Twitter to suspend its account after it was apparently hacked. Starting just after noon Eastern time, the fast-food company’s Twitter picture was changed to a McDonald’s logo, the background picture changed to McDonald’s new Fish McBites and the account tweeted that Burger King had been sold to McDonald’s. Burger King hoped to have the account back up soon. THE ASSOCIATED PRESS

## Can PS4 revive home gaming?

### Quoted

“They are really angling for (the PS4 to be) a piece of your living room, not only as a gaming device but a digital lifestyle hub.”

Scott Steinberg, gaming-industry consultant

It’s been six years and counting now since the arrival of the PlayStation 3 — pretty much eternity in tech years — but the wait may be at an end. Will Wednesday be the day that Sony announces PlayStation 4?

While there’s yet to be any official word from the company, observers have been busy predicting what the long-awaited new system might be like.

It could feature a new controller with touch-pad capabilities, they say, like the PS Vita. It could allow more than one user to log in at the same time.

It will likely have a more advanced motion-support system and be able to stream games and content.

“PlayStation 4 could potentially help reignite some interest in the retail console gaming market and top systems, much of the thunder of which has been stolen by smartphones, tablets and alternative gaming devices,” said Scott Steinberg, a gaming-industry consultant.

MICHELLE CASTILLO/  
METRO WORLD NEWS

## Bombardier. Electric buses to be tested in Montreal

Bombardier’s electric transit technology will be tested next winter on buses in Montreal and then in early 2014 on an urban route used by passengers in the German city of Mannheim.

The transportation giant’s Primove technology is designed to allow buses to be charged by underground induction stations when they stop to let passengers hop on and off. Small amounts of energy emitted from an electromagnetic field are used to quickly charge batteries on the bus and propel it to the next power source. That removes the need for lengthy overnight plug-ins, allowing the buses to remain on the road longer.

Bombardier will test the technology in Canada’s harsh winter conditions at a special track on Ile-Ste-Helene, the home of Expo 67, in partnership with Hydro-Quebec and an undisclosed bus manufacturer. While Germany will test the system using buses filled with passengers, there are no immediate plans to do so in Canada. THE CANADIAN PRESS

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# GOD BLESS AMERICA AND ITS UNLIMITED BREAD STICKS



**SHE SAYS...**  
Jessica Napier  
metronews.ca

I am a self-appointed restaurant snob. The establishments I frequent usually don't seat more than 30 diners and are regularly featured on best-of lists, and yet, somehow I recently found myself

at an Olive Garden in upstate New York.

We arrived at 5:55 p.m., an undodly dinner hour for most urbanites, only to be told that the wait would be an hour and a half. Evidently, this wasn't just THE place to eat in Cheektowaga on a Saturday night. It was also the only place to eat.

## Made in America

Walls were lined with black and white photographs of wrinkled Italian nonnas who had surely never been anywhere close to a strip mall off the I-90.

Eventually, we were seated at a table with six extra-wide chairs equipped with wheels, presumably because some people are not physically capable of lifting themselves out of their seats after consuming deep-dish bowls of cheese ravioli. When our eager-to-please server arrived I noticed that she was wearing a green button emblazoned with the word "hospitaliano," a portmanteau describing the chain restaurant's unique brand of faux-Italian friendliness. Overwhelmed with the laminated booklet full of menu options, I asked her what she recommended. The effervescent 20-year-old lived up to her button mantra and told me to order anything I wanted and she'd make it happen.

I couldn't help drawing comparisons to my favourite no-reservations, no-substitutions authentic Italian restaurant in Toronto where the servers, most of whom look impossibly cool and beautiful, scorn anyone who dares to ask about customizing their meal. It's a sadistic dining experience in which you as the customer are never right and should feel lucky to even snag a spot in the restaurant. In most cases, that spot is upon an uncomfortable stool positioned so close to fellow diners you'll be elbowed in the ribs constantly while they snap photos of their mason-jar tiramisu.

And yet here I was, lounging in a double-wide rolling chair, stuffing my face with reasonably priced penne. After 90 minutes I found it impossible to hold my body up straight and was just one bite of cheesecake away from smearing a greasy bread stick on my seat in order to help myself slide out of my seat.

As I lurched out of the restaurant the crowds were continuing to stream in. My inner foodie cringed and yet I had to admit, there was a certain appeal. I don't care how sophisticated your palate is — everyone can appreciate a hefty quantity of cheesy carbohydrates for just \$11.95 US.

Follow Jessica Napier on  
Twitter @MetroSheSays



## The Truman Show — beach edition



SEAN GALLUP/GETTY IMAGES

### Sunny side of winter

#### Indoor beach lures sun seekers

Without a cloud in the sky, this beach is the perfect place to relax.

The Tropical Islands resort in Krausnick, 60 kilometres south of Berlin, welcomes up to 6,000 visitors a day who are keen to shed their winter wear for bikinis and trunks. Located on the site of a former Soviet air base, the indoor resort occupies a hangar first built to house airships. **METRO**

### Not quite an island

- **Size.** 360 metres long, 210 metres wide and 107 metres tall — New York City's Statue of Liberty could stand inside it, and Paris's Eiffel Tower could lie across it.

- **No sky, no problem for sun seekers.** Special translucent panels in the south side of the roof allow UV light to shine through.

- **Constant temperature inside.** 26 C — compared to outside — -20 C.



A Malaysian leisure investment consortium saw life in the old hangar and reopened it as an indoor tropical resort in 2004.

SEAN GALLUP/GETTY IMAGES



### Twitter

@LeilaHashem86:

Just got back from the best day!! Win-terlude never disappoints! #lovethiscity #Ottawa x

@lucifersam73:

In from the cold. Now time to thaw out. #Ottawa

@RealtyOttawa:

I did yesterday it was awesome #ott-city #Ottawa @CourtyardOttawa: Who skated on the Canal during Winterlude?"

@martyboy23:

I think it's a great gesture that @OC\_Transpo offers their buses when a building is evacuated because of a fire. #Ottcity #Ottawa

@DanDeMarbre:

We're getting a Mexican food truck downtown! I know where lunch will be from now on! #ottcity #streetmeat

@danastephannie:

Wearing 3 layers of pants. And I'm inside. And I'm still cold. How is this possible? #ottawaproblems #ottawa #ottcity



Chain-restaurant food for a change. JESSICA NAPIER/METRO



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

### Do you fear a meteor strike?

50%  
SOMEWHAT,  
BUT THERE'S  
NOTHING WE  
COULD DO  
ABOUT ONE



50%  
YES, AS MUCH AS  
I FEAR A ZOMBIE  
APOCALYPSE ...  
SO A LOT

0%  
NO, THERE'S  
MORE  
IMMEDIATE  
THREATS OUT  
THERE, LIKE  
ZOMBIE  
APOCALYPSES



**DVD review**



**Argo**

**Director.** Ben Affleck

**Stars.** Ben Affleck, Bryan Cranston, John Goodman

Ben Affleck's thriller revisits the 1980 "Canadian Caper" rescue of six U.S. diplomats from Iran and declares it was really a covert American CIA operation all along, one with Tinseltown glitter and car chases. *Argo* tells this whopper of a tale with style, wit and a level of excitement designed for Oscar and succeeds, picking up seven nominations, including best picture. Does it matter that Affleck's movie, based on Chris Terrio's script, bears about as much resemblance to the real story as a red Twizzler does to a strawberry? Perhaps not, if the crunch of your popcorn can drown out the sound of discarded facts swirling the drain, as so often happens when Hollywood meets history. Despite these and other criticisms — the film is chock full of stereotypes and clichés — *Argo* is undeniably entertaining. Extras include a director's commentary and several making-of featurettes.

PETER HOWELL

**Holy Motors**

**Director.** Leos Carax

**Stars.** Denis Lavant, Édith Scob, Eva Mendes

Writer/director Leos Carax salutes cinema by zooming us through the sun and neon of one frantic Paris day, inside a white stretch limo in with a chameleon known as Monsieur Oscar (Denis Lavant). *Destination?* Unknown, even after we arrive. But there are many stops — or rather "appointments," organized by his impeccably dressed and fabulously discreet chauffeur, Céline (Édith Scob). Oscar uses the limo's on-board dressing room to assume various guises, saluting different movie genres: some violent, some romantic, some bat-dung crazy. Take *Holy Motors* too literally, and you may be disappointed. But let yourself go and enjoy the long, crazy car ride and you will appreciate Carax's pointed and punning metaphor for the changing face of film across the decades.

PETER HOWELL



Four eligible bachelors compete to win the affection of one woman through wining, dining and adventurous dates. HANDOUT

# Don't make these big date mistakes

## Courting with class.

Come Date With Me's Wilder Weir offers some basic etiquette tips for meet-ups



Wilder Weir wants you to put down that smartphone. TORSTAR NEWS SERVICE

Wilder Weir, host of *Oh So Cosmo* and an eligible bachelor on the upcoming W Network series, *Come Date With Me*, gives the male take on some of the biggest mistakes women make on a first date, or on dates in general.

### Texting/constantly checking her smartphone

Going on a date can be an insecure situation for anyone. Nowadays when things get awkward or scary, human nature is to bury your head into your phone like a petrified ostrich. In order to escape reality people will re-check empty email inboxes or scroll through hundreds of sepia-toned "selfie" pictures on Instagram, but on a date put your phone away for a few hours! Nothing says "this date is boring" like checking your Facebook between sips of wine at a dinner table. Unless you're sending out a mass emergency text about your location details because you suddenly realize you recognize your date from an episode of *America's Most Wanted* and are worried your face is going to end up on

the side of a milk carton, put down your phone. I don't care if you feel uncomfortable and are one awkward silence away from trying to get to the last level of angry birds, you're being rude. So, please, don't text a real time play-by-play of your date to your best friend — save it for later.

### Talking about an ex

No matter how secure your date is, he doesn't want to hear about your ex-boyfriend (who was A) a doctor B) a professional athlete or C) worked with kids. File this idea within the first five dates, under "U" for useless information. Talking about an ex will only create more questions that you likely don't want to answer or possibly make your date bored. Don't get me wrong, I know this is sometimes hard to do, especially fresh out of an old relationship because

that person you broke up with was a big part of your life. However, bragging about your ex will only make him wonder why he broke up with you in the first place. Trust me, the only thing I want to hear about your ex is summed up perfectly by Taylor Swift: "We are never ever getting back together."

### Too many drinks

All of this advice can apply to men and women on dates, but this is particularly good advice for both sexes. Yes, drinking may make you feel temporarily invincible, but one too many and the next thing you know you're acting out your favourite temper tantrum from *Toddlers in Tiara's* and turning yourself into a sexual Hiroshima. I've actually had the unfortunate experience of dating a few sloppy drunks in my day. This one girl basically turned into the conga line dancing

**Watch it**

*Come Date With Me*, which sees four men or women compete for the heart of an eligible bachelor or bachelorette, premieres Wednesday night on W Network.

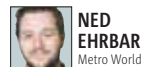
corpse from *Weekend at Bernie's* after one too many Mai Tais. Most people enjoy a few drinks to relax and help break the ice, but know your limit. There's a fine line between flirty and tipsy versus drunk and stumbling. Hey, getting drunk is fun so have a great time, but if it's TOO MUCH fun, in the end, your date might see you as someone to party with rather than a serious relationship.

### Setting sky high expectations

Nothing puts you in the "friend zone" faster than talking about your three, six, nine month relationship plan or sharing intimate details, such as: your biological clock is ticking and your ovaries are like bloodhounds sniffing out the next insemination artist in the room. Go in with an open mind. Don't rush to put everything out there. If you hit it off, you'll have lots of time to get to know each other. Try not to take the first few dates too seriously. Have fun! **METRO**

# Cult creator no stranger to dealing with obsessed fans

**New series.** Rockne S. O'Bannon, the man behind *Farscape*, used his experiences with that show to inspire his latest project



NED EHRBAR  
Metro World News in Hollywood

The new mystery series *Cult* follows investigative journalist Jeff Sefton (Matt Davis) as the disappearance of his brother leads him into the dark underworld of rabid, cult-like fans of a hit TV show called ... *Cult*. Which is about a cult with a charismatic leader named Billy Grimm who is played by an actor named Roger Reeves, who is played in real life by Robert Knepper. Still with us?

"What was interesting to me was to try to create a show that was truly unique, was truly different. And in doing so, yeah, it can make it a little harder to explain and describe," creator Rockne S. O'Bannon admits.

"It's also a show with a lot going on, and I have a great deal of faith and trust in the audience to be able to hook into that. But we're very aware that we have a complex, multifaceted show going on, and we're trying to keep it as clear in our heads as possible."

TV veteran and *Farscape* creator O'Bannon is no stranger to obsessed fans, he admits.

"The origin of the show actually did come out of my *Farscape* experience, where I witnessed the kind of incredible fan passion for a show and the ability of fans to kind of find each other through social media and connect up," he says.

"It started me thinking what if the show were something with a little bit (of a) darker edge and what kind of fans would that then draw?"

Multi-layered mysteries and disappearances are one thing, but the show-within-a-show conceit also gives O'Bannon and his writers chances for inside jokes that play with the audience even more. For instance, the actual show ends with a "created by" credit for Steven Rae, the name of the creator of the fictional *Cult*. (Eagle-eyed fans might notice that Rae is also the pseudonym O'Bannon has used for some less respectable entries on



*Cult* premieres on CTV Two tonight. HANDOUT

## Staying close to home

*Cult* marks another CW series for star Matt Davis, whose *Vampire Diaries* character, Alaric, bit the dust at the end of last season. Luckily, the network had another role in mind for him. "I knew that they were going to write Alaric off the show, and I called my agents to let them know that I needed to find another job. And they sent me a few scripts over the weekend, one of which was *Cult*. And it was clearly the best one of the bunch, and it really spoke to me on a lot of dimensions," he says. The producer felt the same about Davis, making

him an offer for the role right away. The only wrinkle came in coordinating schedules between the two shows. "I was shooting the final scenes of Alaric dying one week, flew to Vancouver to shoot *Cult*, came back to shoot Alaric dying again for the finale," he remembers. "So that was a strange overlapping effect that was only made possible due to the efforts of both productions being gracious enough to make it happen. It felt very synchronistic. It felt right. It just sort of all fell together at the last minute. And I'm very blessed that it did."

## Quoted

**"The origin of the show actually did come out of my *Farscape* experience, where I witnessed the kind of incredible fan passion for a show and the ability of fans to kind of find each other through social media and connect up"**

*Cult* creator Rockne S. O'Bannon

ratings for the new series, O'Bannon thinks that idea might be a bit too far-fetched.

"We obviously hope that the show is incredibly effective and creates that kind of visceral experience for the audience, but I don't know that it has the power to go quite that far," he says.

When asked if the network has a contingency plan for a rash of *Cult*-inspired kidnappings, O'Bannon's answer is refreshingly simple: "No."

## YOU COULD WIN A CONCERT DATE WITH BIEBER! METRO "BELIEBES" IN LOVE!

Metro is inviting one lucky winner to a VIP experience at a Justin Bieber concert. You could win airfare, hotel and concert tickets for two with backstage passes to meet Bieber himself on one of his European Tour stops. All you have to do is:

1. Take a photo of yourself with the "I Believe in Love" ad which appeared on February 14th 2013 in a place you'd like to take Justin on a date. (If you missed the ad you can print it out at [www.clubmetro.com/bieber](http://www.clubmetro.com/bieber))
2. Upload your photos by visiting [www.clubmetro.com/Justin](http://www.clubmetro.com/Justin)
3. Remember to share the love! Collect votes from your friends to increase your chances of landing the grand prize!

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No purchase necessary. Contest open to residents of Canada and certain other countries worldwide who are thirteen (13) years of age or older. Odds of winning depend on the number and caliber of eligible entries received. One (1) Grand Prize is available to be won, consisting of a trip to see Justin Bieber perform and meet Justin Bieber (approximate retail value of \$5,000 USD). Skill testing question required. Contest closes February 28, 2013 at 12:00AM CET. To enter and for complete contest rules visit [www.facebook.com/metroint](http://www.facebook.com/metroint). Contest sponsors are Metro International S.A. together with its local Metro subsidiaries around the globe. The contest is in no way sponsored by Free Daily News Group Inc. or Pizza Pizza Limited. Neither Free Daily News Group Inc. nor Pizza Pizza Limited is responsible for this contest or its prize(s).





Samantha Ronson ALL PHOTOS GETTY IMAGES

## Lindsay's mood swings alarmed SamRo's mom

Ann Dexter-Jones, the socialite mother of DJ Samantha Ronson, is opening up about why she stepped in to break up Ronson's relationship with Lindsay Lohan. "I was seriously anxious about Samantha's safety and well-being. I feared tragedy," Dexter-Jones tells the Daily Mail. "It got to a point that I wasn't sleeping very well." She remembers a party for the opening of the Atlantis Hotel in Dubai as being a particular breaking point. "Suddenly, without any warning, Lindsay flung herself onto the thick carpet and started to roll around screaming like a child,"

### Perilous path

**"I was seriously anxious about Samantha's safety and well-being. I feared tragedy."**

Ann Dexter-Jones

Dexter-Jones says. "It seemed she was upset that people, including Samantha, were not paying her enough attention. To my mind, it was classic psychotic behaviour. I took Lindsay aside and told her not to make a spectacle of herself. She was clearly out of control and spoiling for a fight."



Rihanna

## Scrape up: Rihanna's relationship causing fierce reaction

Some of Rihanna's fans are still not OK with her rekindled relationship with Chris Brown, and they're not afraid to show it. The singer was left injured outside a London nightclub after a fan hurled a bottle of Lucozade, a

British energy drink, at her while screaming about her reunion with Brown, according to the New York Daily News. Witnesses say Rihanna fell against a metal shop grate during the ensuing mayhem, cutting her knee.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Fertile Fergie fesses up to having lovely baby bump



**THE WORD**  
Dorothy Robinson  
scene@metronews.ca

Fergie has some new, growing lovely lady lumps — it was announced yesterday via Josh Duhamel's Twitter that the couple are expecting. "Fergie and Me and BABY makes three," he wrote. Fergie, 37, followed

suit: "Josh and me and BABY makes three!!!" she tweeted, with the hashtag #mylovelybabybump.

Duhamel has been talking about fatherhood for a while. "It'll happen," he told USA TODAY while promoting his new film, Safe Haven. "It's happening."

But every three months she's pregnant (in the press). If she gets a little paunch everyone thinks she's pregnant. It's like well thanks, they're basically calling you fat.

"But like my mom said, well, if she's been pregnant as long as everyone says that she is, well then we're going to have a baby elephant. We're on our own schedule with that."



Brooke Shields

## Supportive stars Shielded Brooke from the bad side of the biz

Brooke Shields knows why she succeeded in staying on the straight and narrow as a child star while so many like her were led astray. "I would get invited to Studio 54, but I'd leave before all the craziness and drugs

happened," she says in an interview with Haute Living magazine. "I never saw the bag passed around. Andy Warhol and all those guys were very sweet to me. There was something about me that they wanted to protect and uphold."

### Twitter



**@ABFoundation**

Fox TV reporter followed me down street, walking my dogs. He tripped and fell. My doorman said, "I'm your witness! You didn't push him!"



**@Joan\_Rivers**

Reading about all those people stranded aboard the Carnival Triumph. The passengers on the Titanic had a better time on their trip.



**@realjeffreyyoss**

Last night on the phone my buddy @bobsaget told me his eyelid was infected and when I woke up today mine was too. Theories?



**@charliesheen**

hashtag hash browns! hashtag flash clowns! hashtag crash frowns! hashtag mash gowns! hashtag porpoise fur hashtag please stop Charles



metro

# RRSP GUIDE

Tuesday, February 19, 2013



In general, the amount you will need to save depends on a number of factors, including when you start saving, how much you think you will need in income upon retirement, and how much you are willing to set aside. ISTOCKPHOTO/THINKSTOCK

# The earlier you save, the better

**Rule of thumb.** Experts recommend to try to put 10 per cent of annual income towards retirement

PAULINE ANDERSON  
For Metro

If you are like many young people today, you aren't thinking much about retirement — it just seems so far away. But, increasingly, the onus is on you to look out for your future. And the earlier, the better.

A good rule of thumb is, if you are just starting out in

the job market, say in your 20s, try to set aside 10 per cent of your annual income towards retirement, says Sue Neal, regional director, Investors Group, Toronto Downtown. "This will create the exercise, or the habit, of putting away a portion of your pay and not spending it."

Those in the above category, take note: Surveys show that baby boomers

who are now hitting retirement age report that if they had to do it all over again, they would have started saving much earlier. As it stands, a "sizable" number of them don't start stashing away money until about a decade before they aim to retire, Neal says.

In general, the amount you will need to save depends on a number of factors, including when you start saving, how much you think you will need in income upon retirement, how much you are willing to set aside, and your "risk toler-

## Savings for retirement

### \$1 million

If you think you will need \$40,000 per year when you retire, bank on having \$1 million saved (that's right, one million), and if you can get by on only \$30,000, you will still need \$750,000, says Lee Helkie, a partner at Helkie Financial and Insurance Services. That's just "raw math," assuming you retire at 65 and live until 90. However, it's not accounting for inflation and other factors, Helkie says.

ance," or the amount of investment movement you find acceptable, Neal says.

"We come up with a formula, factoring in inflation, which is often the confusing part when you do it on your own. We can tell you that

when you're this age, you will need this much money, and you need to invest in this, and to put this much money into it."

Saving for retirement is becoming increasingly important since fewer employ-

ees have defined benefit pension plans, says Lee Helkie, a partner at Helkie Financial and Insurance Services. "We see people working into their 70s, out of necessity, not because it's a hobby."

It's a tough time right now, and people have to be serious about buckling down and staying the course when it comes to contributing to a retirement plan.

"It's possible to do it, but you've got to get on it," Helkie says. And if you can't, or won't, you may have to either retire on less or work longer, she says.

## RSP vs TFSA. Pros and cons for financials funds

Confused about when and why to put money into in a retirement savings plan (RSP) as opposed to a tax-free savings account (TFSA)? Here is the scoop from some financial planning experts.

One advantage of an RSP is that you lower your taxable income during high income years, according to Sue Neal, regional director, Investors Group, Toronto. "You defer tax on an RSP to a time when you're retired and probably making less money and, therefore, in a lower tax bracket."

Another advantage is that you don't pay tax on the profits of funds in an RSP, whether

### High vs. low earners

- In general, for people earning less than \$30,000 per year, the "default" savings vehicle should be the TFSA, while those earning more than \$70,000 should investigate RSPs "first and foremost," with a TFSA

being their "second line of attack," according to Jason Abbott, president of WEALTHdesign Inc. Those earning anything in between (\$30,000 to \$70,000 per year) might want to have a balance of the two savings accounts, he says.

that's interest, capital gains, or whatever, Neal adds. "It's tax-deferred growth, so it compounds on top of the compounding; that's a real benefit."

For some people, the lure of

an RSP is the possibility of a tax refund. But don't forget that when you access that money, "every single dollar coming out is taxed as regular income," say Jason Abbott, president



There are advantages in saving money for your retirement in both an RSP or a tax-free savings account. ISTOCKPHOTO/THINKSTOCK

of WEALTHdesign Inc., and a member of Advocis, The Financial Advisors Association of Canada.

You can put 18 per cent of your annual income into an RSP to a maximum (find out

how much room you have in your RSP by looking on your notice of assessment from your previous tax filing).

A TFSA also offers tax-free growth, but you can only put in \$5,000 annually (this goes up

to \$5,500 next year). However, the amount is cumulative; for example, if you haven't put any money into a TFSA since this option became available five years ago, you could theoretically start one with \$25,000 today.

TFSA funds are handy to have for large purchases — paying for your son's college or a trip to Europe — during retirement. "You don't want to take that money out of your RSP because, whammo, it gets added on to your T4 RIF (a popular retirement income fund option) at the end of the year," Neal says.

A TFSA might be a smart place to start if you are a student or making little money today and anticipate being in the same or higher tax bracket when you retire, Abbott says.

The ideal situation, according to the experts, is to maintain both accounts.

PAULINE ANDERSON



**We think having a plan  
for the future, is a really  
good plan for the future.**



**Retirement Savings Calculator** Making a plan for the future begins with knowing where you are today. Our easy-to-use Retirement Savings Calculator can help you understand where you are with your current retirement savings. Then, when you come in to meet with us, we can discuss your goals and prepare a plan together.

**Visit [tdcanadatrust.com/yourretirement](https://tdcanadatrust.com/yourretirement) or a branch today.  
Don't forget, the RSP contribution deadline is March 1.**



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Deadline  
March 1, 2013

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When saving for your retirement, seek out a financial adviser who can look at the big picture. iSTOCKPHOTO/THINKSTOCK

## Advisers can answer questions

KRISTA  
SYLVESTER  
For Metro

Every year around this time financial planners are bombarded with clients asking questions about RRSPs — how much should they contribute, should they pay down their mortgage or invest in RRSPs?

Financial adviser Joe Lee-Owe, president of McClary Financial in Calgary, says there is a broad spectrum of clients, ranging from those who maximize their RRSPs and those who don't. He says while there are no easy answers when it comes to RRSPs, he recommends people seek guidance from an adviser who is looking at the big picture.

"It depends on total taxable income, current tax de-

### Numbers and facts

- The government started RRSPs in 1957 to encourage Canadians to save for retirement.
- 5,956,010 — number of

Canadians who contributed to an RRSP in 2010.

- More than five per cent of Canadians did not make an RRSP contribution in 2012.

ductions, marginal tax rates, long-term employment plans and retirement goals," Lee-Owe says. "The amounts and strategies vary for each individual and household."

Lee-Owe generally starts by advising clients on how much they should direct to savings in general, and from there determine where the savings should be placed, whether it be a tax-free savings account, open a non-registered account or RRSPs.

Lundgren & Young Insurance financial adviser Robert Eagleson says, generally, the higher the income, the more benefits people will receive from RRSP contributions.

"I read today that Canadians contribute more than the average, which is not surprising as this is a fairly affluent city," he adds.

How much Canadians need generally depends on how much they make. For example, someone earning

\$80,000 per year who wants to retire with 75 per cent of their income would need to do the math and calculate the lump sum they would need at retirement given the variables.

But Eagleson says most people need to plan to retire with \$1 million — a sum he thinks anyone will need to retire comfortably.

However, even though there are tax benefits to RRSPs and retirement savings benefits, it is possible to contribute too much, according to Lee-Owe.

"I have come across many clients well into their retirement that have contributed too much money in their RRSP's," he says, adding it could become subject to a steep tax rate if the RRSPs don't get spent.

## Dividing assets when you split up

"Till death do us part" sounds great in theory, but what happens to those coveted RRSPs when you — dare we say — divorce?

Divorce is extremely difficult in the best of times, but it can get even more complicated when you factor in finances, investments and RRSPs, which is why it's important to arm yourself with knowledge.

Jacques de Muelenaere, a financial planner with Winnipeg's Millstone Financial, says RRSPs are treated much in the same way all assets will be treated in a divorce, and RRSPs can be divided.

"A divorce settlement can be a long and drawn out process, but once settled both parties will be bound by it," he explains. "Whether they agree or not doesn't change the terms of the settlement."

De Muelenaere says RRSPs don't receive any special attention during a divorce, but it might make sense for the partner without a pension to request the RRSPs. Often, one person will end up with a portion or bulk of the "family" RRSP, but the process can get complicated and industry insiders, including divorce lawyers, don't typically make the recommendation to split the funds.

"Every situation is unique and a financial planner can help with these decisions," he says. "But, ultimately, it will come down to being part of an overall strategy to split the assets in a fair way."

Once the divorce is settled, any amount that needs to be transferred from one spouse's RRSP account to the other is completed with the help of a Canada Revenue Agency tax



Divorce can complicate matters when you factor in finances, investments, and RRSPs. MARIA TEJEIRO/PHOTODISC/THINKSTOCK

form. It's important to know that dividing the funds as a result of divorce won't create a tax issue, but withdrawing the funds from the RRSP without the help of a Canada Revenue Agency tax form can create issues.

"This ensures that the money is kept sheltered in the transfer and doesn't trigger any taxes when it leaves the

other account. Whether the RRSP is in a spousal account is irrelevant for this process."

Divorcing couples will ultimately have to decide what is more important to them when dividing assets. Would they rather have the family home, or the future retirement nest? Each couple will have to decide that for themselves.

KRISTA SYLVESTER



# Options. RRSPs still the top choice



**TALBOT BOGGS**  
Smart Investing

Even with a myriad of other options, the registered retirement savings plan (RRSP) still is the cornerstone of retirement savings for most Canadians, although they may not be using it to its fullest advantage.

The newest retirement savings vehicle on the block is the pooled registered pension plan (PRPP). Designed to help the estimated 3.5 million Canadians who do not have employer-sponsored pension plans or RRSPs, the PRPP would be a great adjunct to the RRSP if and when it comes formally into being.

"At the moment we don't know a lot about the environment of the program because Ottawa and the provinces are still making their decisions about it," says Colin Montgomery, a financial ad-

viser and certified financial planner with Edward Jones. "PRPPs alone probably will not be enough when it comes to retirement planning and individuals will need advice based on their own financial situation."

A PRPP is defined as a contribution pension system offered by a third party financial institution such as a bank or insurance company. The plan administration and fiduciary duty will be the responsibility of the financial institution, making it fairly easy for small- to medium-sized companies to set one up.

There likely will be some major differences between RRSPs and PRPPs. PRPPs, for example, are locked in until the age of 55 at the earliest, and in some provinces that may be as high as 65.

Unlike RRSPs, you can't get your money out of a PRPP once it is in and, therefore, you could not take advantage of programs like the homebuyers plan, which allows you to withdraw up to \$20,000 to buy your first home, or to take out money tax-free for post-secondary tuition costs.

As well, you may not have as many investment options as you do with an RRSP. The actual investment guidelines will be set by the government and then individual plan administrators will offer products that meet those guidelines for investors from which to choose.

Contribution limits to a PRPP are the same as to your RRSP but cannot exceed your overall allowable limit. If you

have \$30,000 of RRSP contribution room, you could make any contributions to both plans as long as the total does not exceed \$30,000.

"At the moment we don't know how the plan will be administered and how advice will be offered," Montgomery says.

"The government sets the options, the administrator sets the products and the investors make the choice."

Statistics show that Canadians are saving less than four per cent of their disposable income and, despite the billions of dollars invested in RRSPs and tax-free savings accounts (TFSA), they have plenty of room to add more to their retirement plans.

For example, only 26 per cent of eligible tax filers contributed to an RRSP in 2010. While total RRSP contributions in 2010 rose to \$33.9

billion, up from \$33 billion in 2009, the total amount that Canadians were entitled to contribute in 2010 grew to \$717 billion from \$671 billion in 2009.

Twenty-one million Canadians have a total of \$632 billion in unused RRSP contribution room.

"Vehicles like the TFSA and the PRPP are giving people a further incentive to save for their retirement,"

Montgomery says.

"They all are good adjuncts to the RRSP, but people need to look at their own individual situation and decide what the best options are for them."

**THE CANADIAN PRESS**  
TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

## Incentives

"Vehicles like the TFSA and the PRPP are giving people a further incentive to save for their retirement. They all are good adjuncts to the RRSP, but people need to look at their own individual situation and decide what the best options are for them."

Colin Montgomery, a financial adviser and certified financial planner with Edward Jones

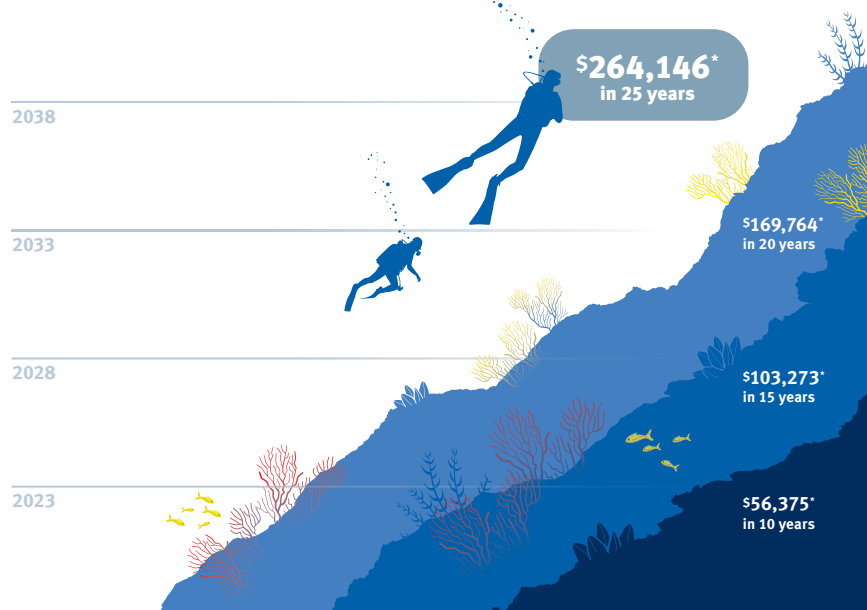


The newest retirement savings vehicle on the block is the pooled registered pension plan (PRPP), but an RRSP is still the most popular for investors and those saving for retirement. WAVEBREAK MEDIA/THINKSTOCK



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3  
LIFE

## A good day to workout hard

**Jai Courtney.** Actor who plays Bruce Willis' son in new *Die Hard* instalment talks to Metro about the movie that made him buff

ROMINA  
MCGUINNESS  
Metro World News

**You totally upstage Bruce Willis in this movie. How does he feel about that? He must be mad, no?**  
Oh gosh! I don't know. You might have to ask him.

**I'm not speaking to him. You can tell me.**

He's the star. I will always respect that. I certainly have no intention of upstaging him.

**Did you and Bruce train together? Did he teach you any good moves?**  
I learned a lot from him. But Bruce has a lot to think about. He didn't have time to worry about coaching me. There are a lot of people, who are paid a lot of money, standing around to do that.

**There's a lot of running and jumping out of windows — I tried counting the amount of cars you guys crashed...**

Do you want to know the amount?

**Sure.**  
108.

**And how many of those did you crash?**  
A couple. It was an epic car chase.

**Did you have to get in shape for the role?**  
A little bit. It made sense to. I'm not a gym junkie. I've had to get in shape for a few gigs and I enjoy hav-



Jai Courtney says while he had to get fit for his role in the new *Die Hard*, he loves beer and pizza too much to take the gym too seriously. SUBMITTED

ing to do that.

**Was that for your role as the gladiator Varro in the TV series *Spartacus*?**

Yeah. I've never done training like that since. It was the closest thing to torture I'll ever experience. It was a great challenge. There was more pressure then because I was basically in my underwear, all day, every day.

**So you had to look good...**  
Exactly. And there's no better motivation than 30 ripped up guys around you as a means to work hard.

**Did you do anything specific in terms of your diet and exercise for *Die Hard*?**  
Embarrassingly, I've always approached working out a little bit casually. I'm a bit of a wuss when it comes to that sort of stuff. You just have to cut the carbs and hit the gym a little. I was doing a lot of low impact cardio — like walking

and jogging. I'd go first thing in the morning — before having anything to eat. It starts up your body engine and speeds up your metabolism. I did a little bit of weight work. But ever since *Spartacus*, I've not worked with a trainer. I don't want to be pushed that hard. I'm too fond of beer and pizza to live my life by that kind of code.

**Which of the stunts did you do?**  
We did pieces of just about everything. But it's unfair not to credit the 20 to 30 doubles and stunt coordinators that help make them look really cool.

**So did you actually do anything?**  
Absolutely. We're jumping out windows, crashing the vehicles and getting into fights — the debris tube, flying down that thing. But insurance companies would have



Courtney suffered a self-inflicted injury on set. HANDOUT

something to say if we tried to attempt it all ourselves.

**Did you get any injuries on set?**  
None that I have any cool stories about. The only injury I got — and it was self-inflicted — there's a moment in the car chase when I punch the steering wheel ... and I shredded my knuckles on the Mercedes-Benz badge.

**There is a lot of punching, not just from you. Did you guys have punching training?**  
There are a few punches going around. All that stuff is choreographed — it's like learning a dance. The steering wheel one was kind of stupid.

**Did you punch it — for real?**  
I punched the sh— out of it. Our director, John Moore, was trying to get me worked up because that's cutting in a moment when Jack is hugely frustrated with his father. He was like, 'Feel free to punch the wheel.' So I went for it. I remember looking at the Mercedes sign and seeing chunks of my skin in it. It hurt.

**Willis is on his fifth *Die Hard* — this is your first. What tips did he give you for being the perfect John McClane Junior?**  
He didn't give me any tips. The kind of knowledge and wisdom that he passed on to me was more organic. I just learned a lot from working with the guy. It wasn't, 'Come here boy, let me show you how to do it.'

**You fought Tom Cruise in *Jack Reacher* and lost. Could you take him in real life?**  
I'd give it a red hot go! He's pretty skilled, man. Who knows.

**He's skilled, but he's so tiny!**  
That doesn't always equate to winning a match. What do they say? 'It's not the size of the dog in the fight, it's the size of the fight in the dog.'

**So could you win?**  
I don't know. Maybe we can go toe-to-toe again sometime.

**You were a kid when the original *Die Hard* movie came out. Which movie is your favourite?**  
Number 1. Not only is it the introduction to this iconic franchise, it's a quintessential action film. Great villains. It set up this convention of wisecracking humour balanced with epic action. And introduced this everyman we've come to love — John McClane.

**Willis' catchphrase: I have trouble pronouncing it: yip-pee ki-yay.**  
You can't say Yippee ki-yay!!??...

**How come you don't have a catchphrase? Make one up now.**  
I have no idea. I'll leave it to the professionals. We'll see whether something comes up if I get to reprise the role...

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This week:  
When a Crown May Be the Right Option For You





# Cool runnings

**Exercise.** Jogging in the winter is a great way to stay fit, but beware of the hazards on the path to health

**MEREDITH ENGEL**  
Metro World News in New York

You've made a resolution and want to get rid of those extra pounds, but how to get started? Staying fit by exercising outdoors in cold winter weather brings on some unique challenges. Here are some tips on the hazards of outdoor fitness, and how to avoid them:

## Frostbite

Exposed skin surfaces and extremities are susceptible to injury from contact with cold air, as the circulatory system naturally diverts warm blood away from cold skin in order to keep your core temperature constant. Nose, ears, lips, fingers and toes are particularly sensitive areas and should be covered and insulated when exercising in cold winter weather less than 5 C, and even more so when it is below freezing or windy.

Warm hats, scarves, face masks, mittens — which are better than gloves because your fingers keep each other warm — and wool socks should all be a part of your winter fitness wardrobe.

You may also consider hand warmers for inside your gloves. Because of the risk of

frostbite, never exercise outdoors with exposed arms or legs for more than a few minutes on below freezing days.

## Hypothermia

It doesn't need to be freezing outside to become hypothermic. Wind draws heat away from your body even faster, and so susceptibility to hypothermia is greater on windy days. Make sure that if you are exercising outdoors in the cold, you wear multiple layers of clothing so that you are neither too cold, nor too warm. Perspiration can cause your clothing to become wet, so strip off layers as you warm up. Evaporation from wet clothing can cause even faster loss of body heat, and makes the risk of hypothermia greater.

## Additional tips

• **Health problems?** If you have any medical conditions such as diabetes, hypertension, heart disease, asthma or bronchitis, it is probably bet-

ter to exercise indoors than risk illness due to overexertion in the cold.

• **Stay well hydrated.** The cardiovascular system

is under stress in cold weather, so filling up your tanks with a sports drink or water before you go out is always a good idea.

Outdoor running is a great way to avoid all those viruses circulating at the gym, but there are some dangers. ISTOCK

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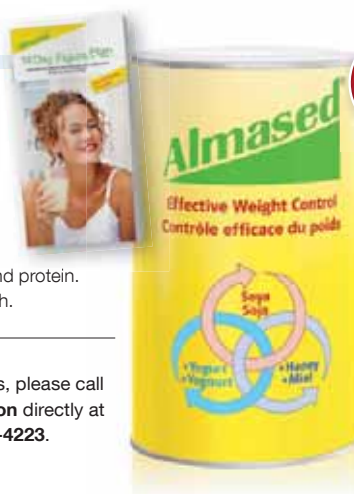
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## The usual suspects

- Foods that don't work for your chemistry, Recitas says, can cause weight gain, fatigue, headaches, stress, digestive discomfort, premature aging, and inflammation.
- Recitas says the worst offenders are turkey, asparagus, tomato sauce, tofu, green beans, spinach, Greek yogurt, oatmeal, salmon, strawberries and walnuts.

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## The Plan. Is healthy food making you fat?



CELIA MILNE  
life@metronews.ca

Can't lose weight?

The culprit may not be chocolate or cheese, according to the author of a new book. It may be one of your so-called "healthy" foods, such as green beans. Finding and eliminating the foods that are bad for you is the theme of *The Plan*, written by New York holistic practitioner Lyn-Genet Recitas.

"There's no such thing as a healthy food, only what's healthy for you," says Recitas, who was recently in

Toronto promoting the book. "It is pretty amazing when you gain a pound from asparagus or salmon because it doesn't work for your chemistry."

In *The Plan*, Recitas suggests first cleansing the body for a few days and then starting to introduce foods to see whether they are "friendly" or "reactive" for you.

Recitas guides readers through her program using detailed meal plans and recipes.

"I am teaching you to listen to your body. It may be saying, 'Please don't feed this food to me.'"

## Best Health

## Whiten your teeth with care



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

In the March/April issue of Best Health magazine, on newsstands now, writer Lisa Bendall looks into the various teeth-whitening products available at the drugstore and your dentist's office. Here's a snapshot:

The products you leave on your teeth for five, 20 or 30 minutes — the strips and gel trays, for example — are designed to restore teeth's enamel by removing dirt and debris. These products all contain hydrogen peroxide, which releases oxygen molecules in your mouth that react chemically with staining materials and lift them off.

But the strength of the hydrogen peroxide varies widely depending on the product: It's typically from three to 15 per cent in drugstore products, and anywhere from 15 to almost 40 per cent at the dental office. So, can it immediately damage the tooth's enamel?



**While safe in the short-term, no one knows if tooth-whitening products cause harm in the long run. ISTOCK**

That's a myth. According to North Vancouver dentist Dr. Bruce Ward, "There's no evidence of damage in the short-term." It's not yet known whether extreme or long-term use can cause harm. And homemade whitening formulas made with lemon juice, baking soda or crushed strawberries are not a good idea as they bathe teeth in acid.

"You could end up with more sensitive teeth, and lose some tooth structure," says Ward.

For more info about how various products work, see the March/April issue of Best Health magazine, now on newsstand-or check out our new iPad edition! **TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONWS.**

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# Canada: The cyber-shopping juggernaut

**Alison on Money.**  
After years of growth, is online shopping the new norm?



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

Canadians are cyber-shopping obsessed. According to a June 2012 MasterCard Spending Pulse Report, e-commerce grew by an astounding 24.9 per cent in the first six months of 2012 compared to the same period in 2011. At the same time the general economy grew a modest 2.2 per cent.

My own shopping habits have fallen in line with the statistic. In the past year, I've ordered everything from fresh roasted organic coffee to vegetables, supplies for my horses and wine.

Cyber shopping is a trend that was widely predicted be-

fore the dotcom crash of 2000. The old economy, bricks and mortar, was going to wither away and be replaced by new economy, Internet-based businesses.

But it didn't happen. At least not then. However, change sneaks up on you, and makes itself evident with a big bang. The seemingly overnight disappearance of video stores comes to mind. And once golden Best Buy suddenly became the place for window shoppers who then bearded home to buy online.

The Best Buy experience proves the point that many consumers still like to see an actual physical specimen, especially with big-ticket items. Internet research and marketing company WWW Metrics notes that retailers with both a physical and online presence saw high dollar item growth of 23 per cent last year while online-only retailers reported nine per cent. It's hardly surprising. Who wants to shell out a large sum when you can't kick the tires? I recently



Consumers still like to see a physical product. Research shows retailers with both a physical and online presence saw incredible growth. ISTOCK IMAGES

priced gazebos online, but didn't want to pay \$4,500 sight unseen. I finally chose a local company, which had sample products assembled for viewing.

Selling such big-ticket items is likely the next retail challenge. Large chains like Sears and the Brick have gone one way by rolling out smaller stores specializing in beds and appliances. Lowes and Home Depot have taken a different route, offering a lim-

ited physical array in categories such as carpeting, kitchen and bathrooms with far more product available through special order or online only.

Ironically booming e-commerce may make the biggest bricks and mortar chain of all, Walmart, even more dominant thanks to its already strong Internet presence.

Contact Alison at [griffiths.alison@gmail.com](mailto:griffiths.alison@gmail.com) or [alisongriffiths.ca](mailto:alisongriffiths.ca)

## The season for saving



**FUN AND FRUGAL**  
Lesley Scorgie  
money@metronews.ca

If you haven't already noticed from all the chipper television commercials lately, it's Registered Retirement Savings Program (RRSP) season! Now is the time to rush to your financial advisor's office and make a contribution for the 2012 tax year.

What's the big rush? Each year you have until March 1 to contribute to your RRSP and have it count toward the previous tax year.

Contributions are fully tax deductible and they grow tax-deferred until withdrawal, typically when you retire. The greater the amount you contribute, the more income you get to deduct from your tax return. Rather than forking over thousands of dollars in taxes to Revenue Canada, you can invest these saved dollars within your RRSP.

And, the benefits of contributing to an RRSP don't stop there.

The law of reinvested returns states that more money grows larger and

faster than less money; when invested in a portfolio that is properly allocated based on your personal needs. Thus, keeping more of your money, rather than paying it out in taxes, significantly increases your nest egg.

If you're over the age of 18 and have current government issued identification, you can open an RRSP account through your local bank or financial advisor. Often times employers will provide RRSPs or an equivalent tax-advantaged retirement savings program. Once your account is opened, individuals can contribute up to 18 per cent of their income, up to \$22,970 for tax year 2012, and the limit can sometimes vary depending on your pension program at work. If you can't maximize your RRSP limit, you can carry-forward the contribution room indefinitely.

For most young people, contributing the maximum is nearly impossible. But, don't fret. Build RRSP savings over the long term by contributing regularly on pay-day and increasing your contributions annually until you reach your maximum limits. Sometimes employer retirement savings programs will even have a matching component.

So sign up and take advantage of free money!

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# Get saucy to your liking with Salmon Teriyaki



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This is the number one choice for clients of my catering company.

As an alternative, grill the fish and serve the sauce separately. Use the sauce over chicken as well.

1. Preheat the oven to 425

## Ingredients

- 1/4 cup packed brown sugar
- 2 tbsp low-sodium soy sauce
- 1 tbsp water
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- 2 tsp cornstarch
- 2 tsp minced fresh garlic
- 1 1/2 tsp minced fresh ginger
- four 4-oz portions skin-on salmon fillets
- 2 tsp sesame seeds
- 3 tsp chopped cilantro or parsley



This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

F. Line a rimmed baking sheet with foil and spray with cooking oil.

2. Whisk the brown sugar, soy sauce, water, vinegar, oil, cornstarch, garlic and ginger together in a small saucepan. Cook over medium heat until thick-

ened and smooth. Remove from the heat.

3. Place the salmon, skin-side down, on the prepared baking sheet. Spoon half the sauce over the salmon. Sprinkle with sesame seeds. Bake in the centre of the oven for 10 minutes per

inch thickness of fish, or until the fish flakes easily when pierced with a fork.

4. Garnish with cilantro and sesame seeds and serve with the remaining sauce on the side. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

## Health Solutions

### The truth about Vitamin D



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

This month, anyone who lives north of sunny Atlanta is sunshine starved and therefore Vitamin D deficient. So, unless you have plans to fly south soon, you had better have a backup plan.

Milk (and some brands of milk products, like yogurt) are Vitamin D fortified.

But, the amounts aren't high enough to ensure you are topped up to a protective level to prevent osteoporosis, cancer and, studies are showing, many other chronic illnesses.

Here are some good sources:

1. Salmon
2. Cod liver oil
3. Liver
4. Eggs
5. Caviar
6. Greek caviar dip taramosalata

Keep in mind that enjoying all of these foods each day nets you only about half of the recommended amounts: two glasses of milk, a serving of salmon and an egg a day.

Get as much as you can from your plate and glass but remember Vitamin D is one of those nutrients you may want to consider supplementing — or flying south to get!

**THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



## We're not filling up on appetizers



**CHARLES THE BUTLER**  
askcharlesthebutler@metronews.ca  
For more, visit charlesmacpherson.com

**Dear Mr. Butler:** I don't understand why people serve appetizers before dinner. I find that it generally either fills me up or my guests just eat them and then don't appreciate the dinner I made for them. What's the point and what

### are the guidelines?

Now in my opinion most hosts confuse a cocktail party from the cocktail hour.

First, the "cocktail hour" before a sit-down dinner is not supposed to be a long event. Ideally, 30 to 40 minutes. But since in most cases alcohol is being served so that your guests don't get drunk on an empty stomach prior to dinner, serving a small amount of food is a very good idea. This keeps both your stomach happy and whets your appetite in anticipation for dinner.

A cocktail party has no "sit-down" meal portion, so serving plenty of appetizers throughout the entire time

guests are at your house drinking alcohol is appropriate and very necessary.

Remember we always need to serve food when serving alcohol. But the difference here is that since we don't have dinner, the appetizers are the meal being served, thus a great quantity is needed. But remember, no matter what, appetizers should be one bite, maximum two, NEVER MORE!

The larger the appetizer the harder it is for people to eat, and this makes people both uncomfortable and often avoid a particular food item as they are afraid to make fools or a mess of themselves in the middle of your living room.

# Did your dream date turn out to be a nightmare?

**How romantic.** Metro readers share some dating disaster stories

Valentine's Day has come and gone, but love is still in the air for Metro readers who were all too happy to share their dating stories; though these tales are more full-on disasters than happy-ever-afters.

### Mike Kozubski

I had been talking to this girl on the phone who I met on a dating site about a year after splitting from my wife, and thing things were going great.

I asked her out a few times, but every time she said to just come over, so one day I did. But when I got there, her place was a mess and all she wanted to do was get high and have a good time like a teenager. This woman was the same age as me, but still acted like she was 16. She had other guys phoning non-stop and she would stop and answer their calls to make dates, then try coming back to make out with me. It was too much to handle, and I finally blew



This couple probably won't live happily ever after. ISTOCK IMAGES

my top when I learned that she had just broken up with a 16-year-old and walked out.

### Taggart Romkey

I stopped e-dating because I kept attracting weird and creepy people. I met this one girl who was my age (26) online. We decided to meet up, which was a bad idea. She showed up at Second Cup with a pacifier in her mouth, I kid you not. She told me she wanted me to be her daddy. I have since blocked her on my phone and Skype. She and a few other creepy crawlers

made me decide to avoid online dating.

### Kris

I met a guy and just a few minutes into the first date, he said to me, perfectly deadpan, in the middle of a Tim Hortons: "I like to clean and do household chores for dominant women." I just said, "Hmmm. That's not quite what I'm looking for, I'm gonna go now!"

Thank goodness my next date was the one who turned out to be my husband.

**METRO**

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NHL

## Giroux and Flyers rout Islanders

The line of Claude Giroux, Matt Read and Jakub Voracek combined for three goals and 10 points Monday, helping the Philadelphia Flyers break a slump with a 7-0 matinee victory over the New York Islanders.

Giroux scored two goals and added an assist, Read had a goal and two assists and Voracek had four assists. Ilya Bryzgalov was solid in making 19 saves for his first shutout of the season and 30th in the NHL.

THE ASSOCIATED PRESS



Claude Giroux on Monday.  
GETTY IMAGES

OHL

## Battalion blast 67's in the third

Barclay Goodrow scored twice to lead the Brampton Battalion to a 5-3 win over the Ottawa 67's in OHL action Monday afternoon.

Brampton scored three times in the opening five minutes of the third period en route to its second straight win.

Ryan Van Stralen, Joseph Blandisi and Sergey Kuptsov scored for the 67's (15-38-4). Jacob Blair was solid in goal, stopping 42 shots. THE CANADIAN PRESS

MLB



"I'm not going to lose any sleep over it. If those guys feel

I deserve to be there, then I deserve to be there. If they feel I don't, then that's OK too."

Former pitcher Roger Clemens speaking on Monday about his exclusion from the Baseball Hall of Fame last month. Clemens was acquitted last year on charges he obstructed and lied to Congress in denying he used performance-enhancing drugs. The 354-game winner is at Houston Astros spring training as a special instructor.



Ottawa Senators captain Daniel Alfredsson, left, scores a goal over New Jersey Devils goaltender Martin Brodeur and Bryce Salvador during the third period Monday in Newark, N.J. Jakob Silfverberg assisted on the game-tying goal, then scored the winner in the shootout. BILL KOSTROUN/THE ASSOCIATED PRESS

# 3rd time's the charm for Sens' Silfverberg

**NHL.** Ottawa forward scores OT winner after narrowly missing on two shots in regulation for Senators' first win since losing Erik Karlsson

On Monday

2

Senators

1

Devils

Jakob Silfverberg hit the post on one shot and just missed with another in regulation, so the young Ottawa Senators right wing wanted to make sure he made the right plays down the stretch — especially in the shootout.

"I had a few chances and missed them," said Silfverberg, whose goal in the shootout was the lone tally in the Senators' 2-1 victory over the New Jersey Devils on Monday. "The one that hit the post, he (Devils goalkeeper Martin Brodeur) didn't know where it was, so I really thought I had that one."

However, Silfverberg made up for his earlier misses by setting up Daniel Alfredsson for the tying goal with 11:48 left in regulation, then gave the Senators the win by finally beating Brodeur in the shootout.

"I wasn't exactly worried about which way he was going," said the 22-year-old. "I just

wanted to get a quick shot off. That was the key, just to shoot it quick before he could do anything."

Brodeur thought he had a chance to make a stick save, but it slid past him and the Senators (8-6-2) had only their third road win of the season and only the second in 12 games at the Prudential Center. The Devils (9-3-4) lost for their second straight and third in the last four games.

"It went in and I was very happy," Silfverberg said. "We worked hard to get this win. It was huge for us."

It was the Senators' first victory without all-star Erik Karlsson, the reigning Norris Trophy winner as the top defenceman in the NHL. Karlsson was lost for the season last Friday night when an inadvertent skate from Pittsburgh's Matt Cooke tore Karlsson's Achilles tendon. "We were a little down,"

Silfverberg said. "We have a lot of young guys on our team, so this was big for our confidence. We've lost a couple of key players this year."

The Senators are also without all-star Jason Spezza, who was lost for the season last month after back surgery.

"Everyone continued to work hard, especially after we let up the early goal," said Ottawa head coach Paul MacLean, who was miffed before the game when asked about his team's psyche after the loss of Karlsson. "I thought our whole group made a good accountability of themselves. Frustration is a useless emotion. We had to keep working at it."

MacLean credited Silfverberg for stepping up.

"I thought he had a very good game," MacLean said. "It was good for him to get one in the shootout. He deserved it. But his play has been good for us without the puck."

Ben Bishop, getting a rare start, turned aside 30 shots for Ottawa, including three in the shootout to earn his first win of the season in his third start. When Bishop stopped former Senator Bobby Butler on the Devils' third shootout attempt, the Senators had the well-earned victory.

Important goal

Ottawa captain Daniel Alfredsson scored his fourth goal of the season and the 420th of his storied career in the third period on a backhand over a diving Brodeur, sending the game to overtime.

- It was the captain's first goal in four games, but more importantly, it was the Senators' first goal since Erik Karlsson got hurt.

Stephen Gionta scored his second goal of the season just 1:19 into the game, but the Devils were silenced the rest of the way by Bishop.

Brodeur made 29 saves for the Devils.

"We had a handful of quality scoring chances, but he (Bishop) made a few big saves," Devils head coach Peter DeBoer said. "We had the opportunities to get that second goal, but we let them hang around and you see what happens when you do that. They showed some resiliency and finally got one in the third."

THE ASSOCIATED PRESS





Kobe Bryant blocks the shot of LeBron James during the 2013 NBA all-star game in Houston, Sunday. The first half of the season hasn't gone as planned for Bryant and the Los Angeles Lakers, but the all-star is confident his team will fare much better in the second half. SCOTT HALLERAN/GETTY IMAGES

# Bryant confident in a turnaround for lowly L.A. Lakers

**NBA.** Second half of season begins Tuesday with Los Angeles 10th in the West; Heat on hot streak leading East

Kobe Bryant and the Los Angeles Lakers turned their attention Monday from bad basketball and trade talk to more sombre matters.

The death of Jerry Buss, their longtime owner, was a blow for a franchise that was so often in a championship chase under his leadership. With Magic Johnson and Kareem Abdul-Jabbar, Bryant and Shaquille O'Neal, and finally Bryant and Pau Gasol, the Lakers won 10 titles since Buss became owner in 1979.

The Bryant-Gasol-Dwight Howard-Steve Nash combination wasn't working nearly as well.

The Lakers are 25-29, currently in 10th place in the

Western Conference, miles behind the Clippers in their division and their own building, and out of the playoff race. Gasol is hurt and Howard has been unhappy, leading to speculation he could be dealt before Thursday's trade deadline even though the Lakers have said otherwise.

Yet Bryant spoke confidently of a turnaround Sunday after the all-star game, just hours before Buss's death at 80.

"I think we've been playing pretty well coming into the break," Bryant said. "We laid a couple of eggs there against the Celtics and the Clippers, but all in all we've been playing pretty well, much better than we have been. We just have to continue to improve and we'll do much better in the second half."

It starts Tuesday, with the Lakers looking to get back on track, the Miami Heat in command in the East and LeBron James in command of every-

one.

Bryant blocked James' shots twice in the final minutes of the West's 143-138 victory over the East on Sunday in the All-Star game. It was a rare failure for James, who has been sensational all season and whose Heat have hit their stride. Miami ran off seven straight victories going into the break and starting to build a comfortable lead in the conference.

New York is the closest challenger in the standings, while Indiana and Chicago have already beaten Miami this season and could become stronger with Danny Granger soon returning to the Pacers and perhaps Derrick Rose coming back to the Bulls at some point. **THE ASSOCIATED PRESS**

**They're No. 1**

At 42-12, San Antonio has the league's best record.

**NBA**

## Buss dead at 80

Jerry Buss, the Los Angeles Lakers' playboy owner who shepherded the NBA team to 10 championships from the Showtime dynasty of the 1980s to the Kobe Bryant era, died Monday. He was 80.

He died at Cedars-Sinai Medical Center in Los Angeles, said Bob Steiner, his assistant.

Buss had been in hospital for most of the past 18 months while undergoing cancer treatment, but the immediate cause of death was kidney failure, Steiner said.

"He was a great man and an incredible friend," tweeted Hall of Famer and former Laker Magic Johnson. **THE ASSOCIATED PRESS**



Jerry Buss THE ASSOCIATED PRESS FILE

**Tennis**

## Nadal drawing inspiration from Brazilian soccer star

Rafael Nadal is drawing inspiration from Brazilian football great Ronaldo to continue his successful return from injury.

With Ronaldo watching, Nadal took an important step on Sunday by winning the Brazil Open for his first title after a seven-month layoff to treat his left knee. Now he wants to repeat the Brazilian's successful story of recovery from much more serious injuries.

Nadal said Ronaldo is "an example" to be followed because of his determination to rebound from a series of knee injuries that threatened his career.

Despite winning again, the Spaniard is still bothered by his knee and said he is far from fully recovered, although he hopes the victory in front of Ronaldo will mark a new beginning in his career.

"Ronaldo is an example to a lot of people because of all that he was able to achieve despite what he had to go through with all the knee problems in his career," Nadal said. "He is definitely an example to me. He's an example of determination and hard work." **THE ASSOCIATED PRESS**

## Murder case. 'Why my little girl?' Mother of victim wants answers

The family of Oscar Pistorius' slain girlfriend wants answers, her mother told a Johannesburg newspaper, as South Africans braced to hear why prosecutors believe a national hero murdered the model who was shot multiple times.

June Steenkamp, Reeva Steenkamp's mother, told The Times in a front-page interview published Monday: "Why? Why my little girl? Why did this happen? Why did he do this?"

"Just like that she is gone," the newspaper quoted her as saying in what it described as an emotional telephone interview. "In the blink of an eye and a single breath, the most beautiful person who ever lived is no longer here."

Pistorius, who remains in custody in a red-brick, one-storey police station in Pretoria, is set to return to court Tuesday for the start of his bail hearing. It will be the first opportunity for the prosecution to describe evidence police gathered against the 26-year-old double-amputee runner and the reasons why he was charged with murder. Prosecutors allege the killing was premeditated.

Pistorius' family denies he committed murder though they have not addressed



Oscar Pistorius remains in police custody following the death of his girlfriend, Reeva Steenkamp. THE ASSOCIATED PRESS FILE

whether he shot her. When word first emerged about the killing there was speculation in the local media that Steenkamp had been mistaken for an intruder in Pistorius' home. Police have said that was not something they were considering.

While Pistorius goes to court, Steenkamp's funeral will also be held Tuesday in her hometown of Port Elizabeth on South Africa's southern coast, her family said. It is to be a private ceremony at a local crematorium, closed to the public and media.

**THE ASSOCIATED PRESS**

**NBA**

### EASTERN CONFERENCE

	W	L	Pct	GB
Miami	36	14	.720	—
New York	32	18	.640	4
Indiana	32	21	.604	5 1/2
Brooklyn	31	22	.585	6 1/2
Chicago	30	22	.577	7
Atlanta	29	22	.569	7 1/2
Boston	28	24	.538	9
Milwaukee	26	25	.510	10 1/2
Philadelphia	22	29	.431	14 1/2
Toronto	21	32	.396	16 1/2
Detroit	21	33	.389	17
Cleveland	16	37	.302	21 1/2
Washington	15	36	.294	21 1/2
Orlando	15	37	.288	22
Charlotte	12	40	.231	25

### WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	42	12	.778	—
Oklahoma City	39	14	.736	2 1/2
L.A. Clippers	39	17	.696	4
Memphis	33	18	.647	7 1/2
Denver	33	21	.611	9
Golden State	30	22	.577	11
Utah	30	24	.556	12
Houston	29	26	.527	13 1/2
Portland	25	28	.472	16 1/2
L.A. Lakers	25	29	.463	17
Dallas	23	29	.442	18
Minnesota	19	31	.380	21
New Orleans	19	34	.358	22 1/2
Sacramento	19	35	.352	23
Phoenix	17	36	.321	24 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

### TUESDAY'S GAMES — ALL TIMES EASTERN

Toronto at Washington, 7 p.m.  
Charlotte at Orlando, 7 p.m.  
Memphis at Detroit, 7:30 p.m.  
Milwaukee at Brooklyn, 7:30 p.m.  
Chicago at New Orleans, 8 p.m.  
Boston at Denver, 9 p.m.  
Golden State at Utah, 9 p.m.  
Phoenix at Portland, 10 p.m.  
San Antonio at Sacramento, 10 p.m.

### WEDNESDAY'S GAMES

Memphis at Toronto, 7 p.m.  
New York at Indiana, 7 p.m.  
Detroit at Charlotte, 7 p.m.  
New Orleans at Cleveland, 8 p.m.  
Philadelphia at Minnesota, 8 p.m.  
Brooklyn at Milwaukee, 8 p.m.  
Oklahoma City at Houston, 8 p.m.  
Miami at Atlanta, 8 p.m.  
Orlando at Dallas, 8:30 p.m.  
Boston at L.A. Lakers, 10:30 p.m.  
Phoenix at Golden State, 10:30 p.m.

### THURSDAY'S GAMES

Miami at Chicago, 8 p.m.  
San Antonio at L.A. Clippers, 10:30 p.m.

**NHL**

### EASTERN CONFERENCE

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	16	11	5	0	52	38	22
New Jersey	16	9	3	4	42	38	22
NY Rangers	14	8	5	1	38	35	17
Philadelphia	17	9	1	45	49	15	17
NY Islanders	15	6	8	1	45	54	13

### NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	13	9	2	2	37	31	20
Montreal	14	9	4	1	40	34	19
Toronto	15	9	6	0	43	36	18
Ottawa	16	8	6	2	37	31	18
Buffalo	16	6	9	1	46	54	13

### SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	13	8	4	1	41	37	17
Tampa Bay	14	7	6	1	55	45	15
Florida	14	4	6	4	35	53	12
Winnipeg	14	5	8	1	35	46	11
Washington	15	5	9	1	41	51	11

### MONDAY'S RESULTS

Ottawa 2 New Jersey 1 (SO)  
Philadelphia 7 NY Islanders 0  
Colorado 6 Nashville 5  
Carolina at Montreal  
Toronto at Florida  
Calgary at Phoenix  
Columbus at Anaheim

### TUESDAY'S GAMES — ALL TIMES EASTERN

Montreal at NY Rangers, 7 p.m.  
Winnipeg at Buffalo, 7 p.m.  
NY Islanders at Ottawa, 7:30 p.m.  
Toronto at Tampa Bay, 7:30 p.m.  
San Jose at St. Louis, 8 p.m.  
Detroit at Nashville, 8 p.m.  
Vancouver at Chicago, 8:30 p.m.  
Los Angeles at Edmonton, 10 p.m.

### WEDNESDAY'S GAMES

Philadelphia at Pittsburgh, 7:30 p.m.  
St. Louis at Colorado, 10 p.m.  
Los Angeles at Calgary, 10 p.m.

### THURSDAY'S GAMES

Philadelphia at Philadelphia, 7 p.m.  
New Jersey at Washington, 7 p.m.  
Buffalo at Toronto, 7 p.m.  
Winnipeg at Carolina, 7 p.m.  
NY Islanders at Montreal, 7:30 p.m.  
NY Rangers at Ottawa, 7:30 p.m.  
Boston at Tampa Bay, 7:30 p.m.  
Columbus at Detroit, 7:30 p.m.  
Vancouver at Dallas, 8:30 p.m.  
Minnesota at Edmonton, 9:30 p.m.

### WESTERN CONFERENCE

	GP	W	L	OL	GF	GA	Pt
Chicago	15	12	0	3	51	31	27
St. Louis	15	9	5	1	52	48	19
Nashville	16	7	4	5	35	35	19
Detroit	17	6	6	4	40	44	16
Columbus	15	4	9	2	34	48	10

### NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	14	8	3	3	41	33	19
Minnesota	15	7	6	2	33	38	16
Edmonton	14	6	5	3	35	38	15
Calgary	13	5	5	3	39	47	13
Colorado	14	6	7	1	37	43	13

### PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	14	11	2	1	50	37	23
San Jose	14	7	4	3	37	33	17
Dallas	16	8	7	1	41	43	17
Phoenix	15	7	6	2	40	41	16
Los Angeles	13	5	6	2	30	36	12

### SENATORS 2, DEVILS 1 (SO)

First Period  
1. New Jersey, Gionta 2 (Bernier) 1:19  
Penalties — Zajac NJ (Hooking) 3:47,  
Phillips ott (Interference) 10:50, Gryba ott  
(Holding) 12:27, Phillips ott (Roughing)  
14:01, Clarkson NJ (Roughing) 14:01.

### Second Period

No Scoring.  
Penalties — Neil ott (Slashing) 18:36.  
Third Period  
2. Ottawa, Alfredsson 4 (Silfverberg, Turris) 8:12  
Penalties — Laktionov NJ (Hooking) 3:13,  
Clarkson NJ (Misconduct) 19:47, Methot  
ott (Roughing) 19:47, Elias NJ (Roughing)  
19:47, Neil ott (Roughing) 19:47, Neil ott  
(Game Misconduct) 19:47, Clarkson NJ  
(Unsportsmanlike conduct) 19:47, Neil ott  
(Unsportsmanlike conduct) 19:47, Elias NJ  
(Interference) 19:47, Neil ott (Misconduct) 19:47.

### Overtime

No Scoring.  
Penalties — None.  
Shootout — Ottawa wins 1-0  
Ottawa (1) — Alfredsson, miss; Silfverberg, goal.  
New Jersey (0) — Kovalchuk, miss; Elias,  
miss; Butler, miss.

### Shots

Ottawa 9 9 9 3-30  
New Jersey 17 4 10 0-31  
Goal — Ottawa: Bishop (W, 1-2-0).  
New Jersey: Brodeur (L, 0-2-3).  
Power plays (goal-chances) — Ottawa: 0-2.  
New Jersey: 0-3.  
Referees — Brad Meier, Kyle Rehman.  
Linesmen — Brad Lazarowicz, Tim Nowak.  
Attendance — 17,625 at New Jersey.





## Horoscopes

### Aries

March 21 - April 20

Your duties and chores may be restricting you to one place but don't let it stop you from looking further ahead. Start making plans now. The day when you can do something with them may not be far away.

### Taurus

April 21 - May 21

As an Earth sign, you usually stick with the same old routines but if you try something different today, the element of surprise could work in your favour. You may even surprise yourself by how much you enjoy it.

### Gemini

May 22 - June 21

The next few days will be hugely important for those Gemini's who want to move up in the world. The Sun in the career area of your chart is on your side. Only fear of success can hold you back.

### Cancer

June 22 - July 23

Someone needs your support today. You may not entirely approve of the choices they have made but you will be there for them nonetheless. You may even be secretly impressed that they refuse to follow the herd.

### Leo

July 24 - Aug. 23

If you can't make others understand what you are trying to explain, don't worry about it. This is one of those times when everyone is likely to get things mixed up, but it will all make sense in the end.

### Virgo

Aug. 24 - Sept. 23

You might as well be more tolerant today because partners and loved ones will do their own thing whether or not you approve. In fact, if they know you object they may take delight in doing it all the more.

### Libra

Sept. 24 - Oct. 23

Resist the urge to interfere in other people's private affairs today. If you stick your nose where it isn't asked for and isn't wanted, you could find that you do unite the warring factions — against you!

### Scorpio

Oct. 24 - Nov. 22

It seems you are missing one final piece of a puzzle that has been annoying you and you may find it today. When you do, don't be surprised if the picture looks different than what you expected.

### Sagittarius

Nov. 23 - Dec. 21

The Sun in Pisces at this time of year makes loved ones a bit sensitive, especially to criticism, so keep your Sagittarian habit of calling it as you see it under control. You don't always have to tell the truth.

### Capricorn

Dec. 22 - Jan. 20

Honesty is always the best policy — but it cuts both ways. If someone says something you disagree with today, you should look at their remarks closely before you hit back. Maybe there's some truth to them.

### Aquarius

Jan. 21 - Feb. 19

For some strange reason almost everyone you meet lately wants to be helpful, to do you favours. Should you take advantage of the situation? You most certainly should! It may be a long time before you are this popular again.

### Pisces

Feb. 20 - March 20

Even if you are not a particularly ambitious Piscean, the Sun's journey through your sign over the next few weeks will ignite your desire to make something of yourself. Bigger and better things await you.

SALLY BROMPTON

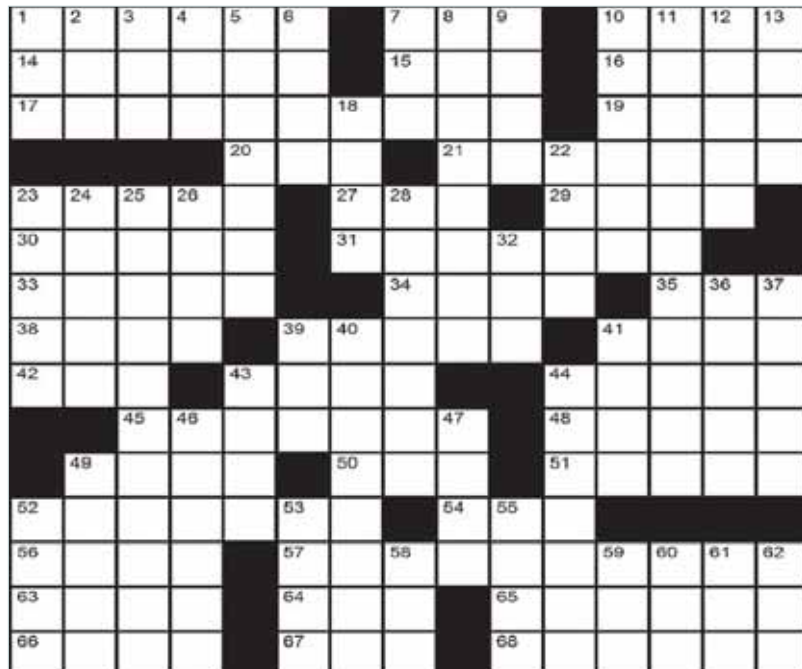
## Crossword: Canada Across and Down

### Across

- Canadian star of "Grey's Anatomy", \_\_\_ Oh
- Typing-efficiency meas.
- Briefly get ready
- Hawaiian greetings
- "\_\_\_haw!"
- Lively circle dance
- Ottawa's \_\_\_ Buildings
- Departed one's bio
- Compass dir.
- Anne Hathaway's Oscar-nominated role in "Les Misérables"
- Early-'80s Tom Hanks sitcom, "\_\_\_ Buddies"
- MLB's Diamondbacks, on scoreboards
- 'Chamel' completers
- Prefix to 'violet'
- Most profound
- Oscar-winner Sophia
- Happy
- Clock's l'il time segments
- "The Brady Bunch" son
- Cram
- Laboratory bottle
- Summer clock setting [acronym]
- Don't pass
- "\_\_\_ bleu!"
- "Oh What a Feeling" band
- Signed, as a deal
- Norse thunder god
- Period
- Tavern orders
- What \$20 bills are made of
- Sault \_\_\_, Marie, Ontario
- 'Hypn' suffix
- RRRoll Up the Rim to Win chain: 2 wds.
- Same: French
- Wee weekday
- Greek Myth: Muse of astronomy
- Some punk music fans
- 'Enthusi' ender
- High school in "Grease" (1978)

### Down

- Exhaust



- Birmingham's l'il state
- Agatha Christie novel, \_\_\_ M?
- FedEx rival
- Dustin Hoffman/Tom Cruise Oscar-winning film: 2 wds.
- Wise \_\_\_ owl: 2 wds.
- X's spelled-out follower
- Montreal Neurological Institute founder, Dr. Wilder \_\_\_
- Prefix to 'morphosis'
- Pics
- Canadian actor Alan's singer/songwriter son: 2 wds.
- "Happy Days" actress Ms. Moran's

- Cracker topping
- Honey drink
- Require
- WWII's Battle of the \_\_\_
- "\_\_\_..." (Prayer opener)
- Celeb's long ride to the Os-cars?: 2 wds.
- Portland, \_\_\_
- Frequent customer
- Salary
- More unique
- Toboggans
- Viewed
- Captain James T. Kirk ...the 'T.' stands for what?

- Weather \_\_\_ (Barn topper)
- Shape
- "Mimi on the Beach" singer
- Posh cars, Rolls-\_\_\_
- Foolhardy
- Symbolic pole
- Apple or pear, in botany
- "At Last" singer Ms. James
- \_\_\_ of duty
- "How I \_\_\_ Your Mother"
- Small amount
- U2 song
- Nothing
- Pizzeria owner in "Do the Right Thing" (1989)"

## Friday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku



Today

1°/-12°

Light snow

80%

Wednesday

-5°/-15°

Flurries

40%

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